



LPC FITNESS & AQUATICS
A Ministry of FAI

AQUATICS SCHEDULE

MAIN POOL

2024 JULY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday					
5:00 AM	Closed	Adult Only All Lanes Open 5:00-7:30 									
5:15 AM											
5:30 AM											
5:45 AM											
6:00 AM											
6:15 AM											
6:30 AM											
6:45 AM											
7:00 AM						Deep Water Toning & Cardio w/Marge 7:30-8:30			Deep Water Toning & Cardio w/Marge 7:30-8:30	Deep Water Toning & Cardio w/Marge 7:30-8:30	
7:15 AM											
7:30 AM						Aqua-Zumba w/Velvet 8:40-9:40			Aqua-Tabata w/Velvet 8:40-9:40		
7:45 AM											
8:00 AM											
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8:30 PM	All Lanes Open 7:30-8:45										
8:45 PM						All Lanes Open 7:30-8:45					
											All Lanes Open 7:30-8:45

Please Note:

Adult Only Swim
5am-11am M-F

May operate on:
NO LIFEGUARD ON DUTY
*Swim at Your Own Risk-
*WATCH YOUR CHILDREN**

CLASSES HAVE PRIORITY USE OF POOL
No children during classes

Cardio Water
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

Deep Water Toning & Cardio
Total body conditioning using noodles, boards, buoys & all your muscles!

Synapse Surf
Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.

Lap Swim
All five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes. *Thank you for sharing!*

Pool Hours of Operations
 Sun 9am-5:45 pm
 Mon-Thurs 5am-8:45 pm
 Fri 5am-3:45 pm
 Sat CLOSED

SUNDAY OPEN SWIM

SUMMER PLUS CAMP
12:15-3:30

FLAG CAMP
1:15-3:15

Pool Deck Cleaning (Pool Open)
1-4pm FRIDAYS
pressure washer in use on pool deck